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The JACKSON
HEALTH RESORT
DANSVILLE, N. Y.





Class — — — — —

Book — — — — —

THE JACKSON HEALTH RESORT

THE BEST APPORTIONED HEALTH INSTITUTION IN
AMERICA. MAIN BUILDING OF BRICK AND
IRON AND ABSOLUTELY FIREPROOF.

WATER CURE

CLIMATE

PAUL JACKSON, M.D.
WALTER JACKSON, M.D.
JAMES A. JACKSON, M.D.

BOOKS FOR THE RESORT

SHUTTLE CARRIAGE



Building of the past, long and long ago, with
A tower of the past, long and long ago, with
A tower of the past, long and long ago, with
A tower of the past, long and long ago, with
A tower of the past, long and long ago, with

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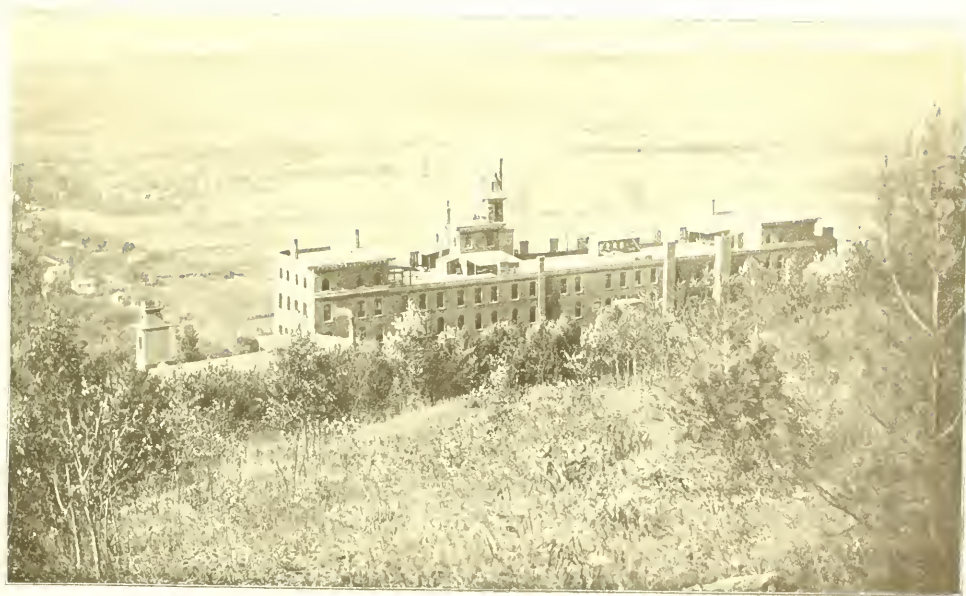






Remedial agents which medical science and experience have proved valuable—the resources of Nature, as sunlight, pure air and water, electricity and, equally if not more important, the mental and moral forces—are drawn upon and applied according to individual conditions and needs for the restoration and preservation of health.

The Molière Thermo-Electric Bath.





THE UNIVERSITY BUILDING, CHICAGO, ILL.

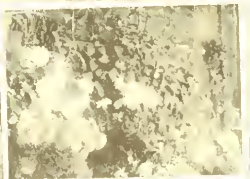
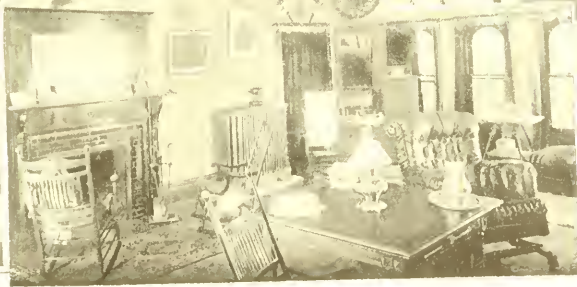












Interior of the house at 1000

Outdoor Life.—A considerable feature of the outdoor life led by the guests here, and encouraged by the management, is the opportunity afforded to the guests to go out on the golf links, and in summer months to make trails in the mountain side, winging in barefoot, or flying in, at least, without shoes on the grass. These require periods of open-air life, have a creative value not easily estimated. Those who need it have help in getting out and in, and are made comfortable by attendants.

A solid bed of gravel and sand, covering the ground to any depth after rain, and making the air both night and day, especially in summer, still and damp, is a tender life out of itself, and may protect, without risk of infection or aggravation, rheumatism, rheumatoid, or other like afflictions.

For a patient not bothered by the heat of the sun, the most popular and popular part of the outdoor life is in pleasant mountain walks, the widest in the winter and just after the snow has melted, warmly wrapped and tucked into coats, from morning to late afternoon during the entire cold season. These walks benefit the lungs, the heart, and even the stomach, and are of treatment and cure, until the

sun drops below the western line. And when the sun has nearly reached its position in the upper region, resting trail walks and runs may be made and done with long, uninterrupted periods of repose. Strenuous walks with a rug, set to take it, and love of nature, and the presence of a few professional athletes, may produce a response by a certain number of turns up and down, ten times a week, being a valuable suggestion to a clerk of an ocean bathing.

A fine hole golf course is connected with The Jackson sanatorium. Its grounds are located at the head of the Tennessee Valley where from all points views are unsurpassed. Nature has done much in the way of stream, bunkers, and high trees to make this a most desirable course.

Cricket, lawn tennis, and other outdoor games, also, when riding, and driving are enjoyed in summer. At all seasons of the year, home games, frequent concert, department exhibitions, amateur theatricals, and other entertainments furnish indoor amusement. In the amusement room are shuffleboard, ping pong, pool, and billiard tables.

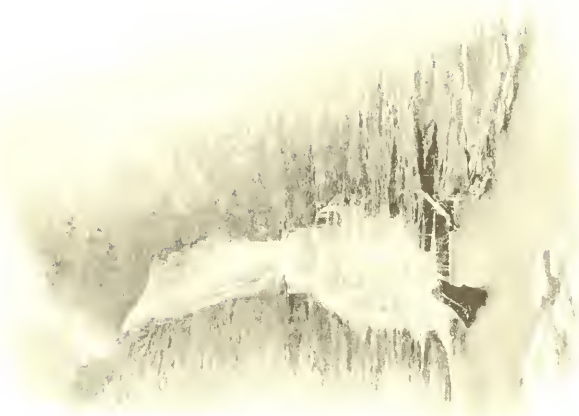


M-N-CO

THE GOLF COURSE
AT BAYVIEW



THE GOLF COURSE AT BAYVIEW
AT BAYVIEW





M. N. G.

Expenses

Children (1999) find that the average IQ for some children is 110. If that is the case, the average for the rest of the world is 104. Most of the world's children are African, and it is a good idea to try to improve the IQ of the world.

Medical Consultation.—The consultation of a physician is not necessary in the treatment of the patient, but it is recommended.







Special Departments.

THE JOURNAL OF HEALTH CONSERVATION is a monthly magazine, published by the National Health Association, which is devoted to the dissemination of information and the promotion of knowledge, and the advancement of the health of the people. It is a monthly magazine, published by the National Health Association, which is devoted to the dissemination of information and the promotion of knowledge, and the advancement of the health of the people.

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Articles for Individual Use.

These are articles, intended for the use of individuals, and are published in the *Journal of Health Conservation*. They are published in the *Journal of Health Conservation*, which is devoted to the dissemination of information and the promotion of knowledge, and the advancement of the health of the people. They are published in the *Journal of Health Conservation*, which is devoted to the dissemination of information and the promotion of knowledge, and the advancement of the health of the people.

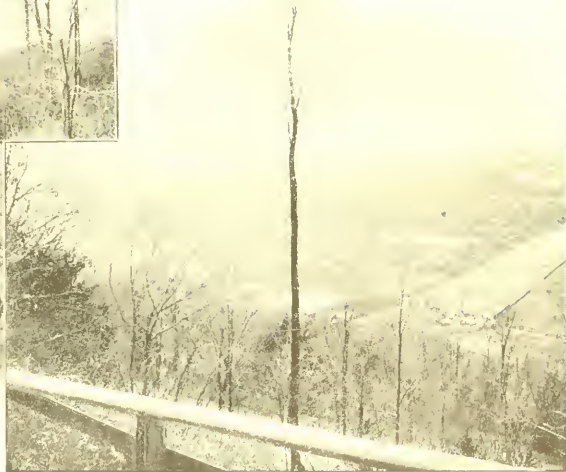
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By subscription, or by single copies. Price, Annual, \$1.00. Single Copies, 10 Cents. Published by the National Health Association, New York.

References to Leading Physicians, also Testimonials from Former Patients and Guests, will be Given Whenever Requested.





ROUTES AND OTHER INFORMATION.

From New York City take the Delaware, Lackawanna & Western R. R., DIRECT TO DANSVILLE WITHOUT CHANGE OF CARS. This road is equipped with Pullman Vestibule Drawing-Room and Sleeping Cars.

From the Eastern States come either via New York City, or Via Albany and Delaware & Hudson Canal R. R., to Binghamton, thence by the Delaware, Lackawanna & Western R. R. to Dansville.

Or by the New York Central R. R. system to Buffalo, thence by Delaware, Lackawanna & Western R. R. to Dansville.

From the West via St. Louis, Chicago and Buffalo.

From the Southwest to Cincinnati and Buffalo.

From Canada via Grand Trunk or Canadian Pacific R. R. to Buffalo.

From Buffalo take only the Delaware, Lackawanna & Western R. R. to Dansville.

From the South via Pennsylvania R. R. system to Manunka Chunk or Elmira, thence only by Delaware, Lackawanna & Western R. R. to Dansville.

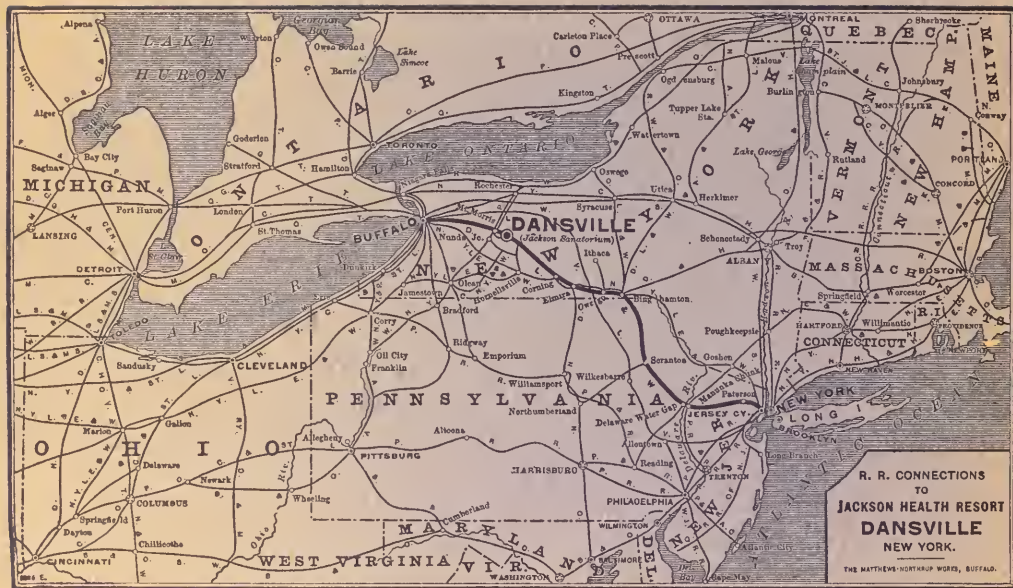
Excursion Tickets to Dansville via the Delaware, Lackawanna & Western R. R. may be purchased between June 1st and October 1st, good until November 1st.

An Omnibus meets every train arriving between 7.00 A. M. and 8.00 P. M. Fare 25 cents. Parties arriving upon other trains should notify us in advance in order to be met.

The Culinary Department was organized by Mrs. Emma P. Ewing, Superintendent of the Chautauqua Cooking School, and one of the leading teachers of scientific cooking in the United States. Graduates from her school, who have also been associated with her in her work, have this department of the Sanatorium in immediate charge and bring to it the knowledge, skill, and refined taste essential in providing an attractive and satisfying table.

Excellent Livery Service, especially organized for the accommodation of the Sanatorium, is at the command of the guests.

Letters.—For circulars and other detailed information, address (enclosing stamps) J. Arthur Jackson, M. D., Secretary and Manager, Dansville, Livingston County, N. Y.



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